

it. I think, really, I should be happier without such responsibility."

Lester, ordinarily so self-possessed, began to feel a delicious tremor of anxiety. He had regarded Edith's wealth as offering an insurmountable barrier to his suit. He never contemplated marrying an heiress, a woman who would rank with the few really wealthy people in the land. Now, Edith's determination to relinquish Lord Arncliffe's millions opened up infinite vistas.

"I think, perhaps, you are right," he said quietly, though his heart went pit-a-pat in the most unprofessional way. "After all, a lot of money must be a nuisance. Now, about fifteen hundred a year—"

"Yes?"

"I made fifteen hundred last year, but I shall do better next. And—and—"

He had managed to take her hand again, and with it all the troubles that had so harassed her. He was so big and strong and trustworthy—

"Yes," she whispered softly.

But Edith's purgatory was not destined to end that night on the terrace. A door opened. They heard Aingier's voice.

"Ah! there you are, Miss Edith! Come

here and convert our American cousin. He says that most of this armor ought to be put on the scrap-heap. Really, he is incorrigible!"

To be continued next Sunday

Synopsis of Preceding Chapters

DR. GEORGE LESTER, an eminent young English toxicologist, was trespassing on the fishing preserves of a British peer, when he rendered a slight service to Miss Edith Holt, secretary to the Earl of Arncliffe, owner of the estate. He also encountered Harry Warren, a domineering individual, who was Arncliffe's agent.

Lester was subsequently called to the castle, the regular physician being absent, and found Arncliffe dead. He announced that the Earl had been poisoned with arsenic.

Lester learned from Edith that Arncliffe had been his (Lester's) former patron, and made a hobby of collecting and studying poisons. Aingier, Arncliffe's solicitor, arrived at the Hall, and announced that the Earl had feared he was being poisoned and left ten thousand pounds to go to the person chiefly responsible for the conviction of his murderer.

Warren was credited with trifling with the affections of numerous village girls, notably one named May Mannering.

Arncliffe's will left the bulk of his property to Edith.

Lester was impudently confronted by Warren and promptly knocked the latter down. He (Lester) realized that he was becoming in love with Edith.

The Coroner's inquest to inquire into the cause of Arncliffe's death opened at the hall. Much interest was manifested in the testimony that Edith had secured three hundred pounds from the Earl shortly before his death. The Coroner announced that a witness from New-York had just arrived.

CURE OF OLD AGE

Continued from page 4

windows, as is shown in the modern consumptive sanatoriums, is sleeping in the open air upon the verandas. Fresh air is the constant vital need of the lungs and the body. With fresh air must be included sunlight. The value of the sun rays, in their disease-destroying stimulation and energy, is great indeed. The red corpuscles in our blood represent our power to resist disease, and nothing increases them like sunlight.

IV. PROPER EXERCISE—Proper exercise means a sufficient daily exercise in the open air and in the light of the sun to keep the circulation of the blood normal in the different parts of the body. Too much is as bad as too little; but every man, however sedentary his occupation, should manage to get at least half an hour of exercise. This will suffice, will distribute his blood properly, oxygenate it healthily, and keep his various organs in normal activity.

V. HEALTHY OCCUPATION—All persons, whatever their age, should do a certain amount of daily work. Man is so constituted that he cannot be happy without accomplishing daily something that is worth doing. This is a curious fact, one that may be denied by idlers; but no idler can keep healthy. Work is a necessity of happiness, and happiness is a necessity to health. It is noticed that when many men retire from business they go to pieces. They should not give up work entirely. They should not abandon business until they have something with which interestingly to occupy themselves daily.


VI. AVOIDANCE OF DISEASE—Every disease from which we suffer represents a strain upon the system which takes an appreciable amount of time from our vital period. It is astonishing how many diseases that we incur are due to our mode of life; how vastly a proper mode of life would make us immune to them. There are few if any microbes which the system in its normal state cannot destroy, whether by digestion in the stomach, combustion in the lungs or destruction in the blood. The microbe is always with us. Seventy per cent. of the healthy persons examined in a recent inquiry were found to have the pneumococci of pneumonia in their mouths. The pneumonia was ever with them, potentially. It waited an impaired and weakened state of the system to obtain a foothold. Let all persons remember that it is the weakened state of the body, not the microbe, that is the usual cause of disease.

This then is the cure of old age: a rational, proper mode of life, which is not only open to all, but will be adopted by most men and women when they come to

realize its importance. It should begin with youth. The care of children in school is of great importance. It represents from ten to twenty years of added life for everyone. It represents a healthy, hearty old age full of rational enjoyments, instead of a peevish, weak and complaining one. Proper eating is the first consideration.

In the matter of longevity, people will always differ. Heredity is a factor of prime influence. Some persons are naturally strong, some naturally weak; but as nearly all persons take from fifteen to thirty years off their lives by over-indulgence, these added years are as much within the reach of the weak as of the strong. Alcohol, cold, fatigue, these are the three forces which enable the microbe to colonize. The avoidance of them means many added years for all.

Such is the rational cure of old age, and with the best wishes for the success of Professor Metchnikoff and injected serum, I believe it to be the only cure.



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